

# Wellness Matters



**CARING FOR  
OUR ATHLETES...**  
from your backyard  
to the Olympics



HOWARD COUNTY  
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

# President's Message



*Dear Friends,*

Much has changed since our last issue of *Wellness Matters* earlier this summer. On June 28, I was named president of Howard County General Hospital. As a resident of Howard County raising my family here, I am excited to be leading this incredible

staff, and I invite you to read more about my vision for the future of the hospital on page 4.

The pandemic continues to evolve, and with the arrival of the cold weather and winter months comes the flu season. If you have not yet received your flu vaccination, it is not too late, and I encourage you to get it to keep our community healthy.

Throughout the pandemic, so many members of our community as well as businesses have been stalwart supporters of the hospital. HCGH relies on philanthropy, and we thank you all. As 2021 comes to a close, if you have not yet donated, I invite you to support our health care heroes who are still working on the frontlines. You still need us, and we still need you. Please consider making a donation to our Caregivers Fund at [bit.ly/HCGHhero](http://bit.ly/HCGHhero).

Wishing you and your family a safe and healthy holiday.

M. Shafeeq Ahmed, M.D., MBA, F.A.C.O.G., *President*

**Please direct comments regarding Wellness Matters to 410-740-7810.**  
**Hospital Information: 410-740-7890**

# Wellness Matters



In this issue of *Wellness Matters*, learn about common overuse injuries, meet the new HCGH president and read about new programs.

Front cover photos by: *Wagner Avaujo*

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# Celebrating 25: Johns Hopkins Medicine



In 1996, the Johns Hopkins University School of Medicine and Johns Hopkins Health System Corporation merged to form Johns Hopkins Medicine. This year, we're celebrating the 25<sup>th</sup> anniversary of Johns Hopkins Medicine, an organization that has brought much benefit to the health and wellness of our community.

## Becoming a Member of the Family

In 1998, the Howard County General Hospital Board of Trustees voted to enter a strategic partnership to become a member of Johns Hopkins Medicine, and HCGH became the first community hospital in the Johns Hopkins Health System.

Over the years, Johns Hopkins Medicine has brought a vast scope of services and clinical talent to Howard County. When there once was a drive into Baltimore

to get specialty care, now our community has access to Johns Hopkins specialists with offices in Howard County, and Hopkins resources have been integrated throughout HCGH.

“Hopkins people, planning and brain power impacted every program HCGH started or expanded since 1998 — you look at what the hospital is today — Hopkins had a hand in it.”

— Vic Broccolino, HCGH CEO 1990-2014

## Bringing Care Home

**1996** HCGH, through a contract with the Johns Hopkins University School of Medicine, initiates a maternal fetal medicine service at the hospital to care for women with high-risk pregnancies. Johns Hopkins physicians provide consultation services to local obstetricians and see patients at the Center for Maternal Fetal Medicine in Columbia.

**1997** A comprehensive pediatric unit opens, staffed by Johns Hopkins pediatric specialists, who provide emergency, observation and inpatient services.

**1999** The Special Care Nursery is upgraded to a Level III Neonatal Intensive Care Unit (NICU) and staffed by Johns Hopkins neonatologists.

**2002** An expanded, state-of-the-art Emergency Department opens, triple the size of the former Emergency Department, with services provided by Johns Hopkins Emergency Medicine physicians.

**2004** The hospital receives approval to offer patients presenting with a heart attack the opportunity to receive life-saving cardiac angioplasty. This new program is managed by Johns Hopkins cardiac interventionalists and later expands into an elective heart procedure program, allowing patients to receive this care close to home.

**2005** HCGH adds cardiac electrophysiology treatment with the addition of Johns Hopkins arrhythmia specialty physicians — cardiologists with added expertise in abnormal heart rhythms — to the staff.

**2012** The Breast Center at HCGH opens under the leadership of Lisa K. Jacobs, M.D., a Johns Hopkins surgical oncologist.

**2013** The Johns Hopkins Center for Sleep opens at HCGH directed by Johns Hopkins sleep specialists Charlene Gamaldo, M.D., and Rachael Salas, M.D.

**2018** HCGH is now a satellite of the internationally renowned Johns Hopkins Armstrong Institute for Patient Safety and Quality.

**2020** COVID-19 strikes. When many hospitals across the nation are overwhelmed and undersupplied, HCGH remains strong with the support of Johns Hopkins. From PPE and clinical expertise to counsel from infectious disease specialists, Johns Hopkins Medicine is HCGH's stalwart partner helping the hospital respond to the needs of the staff and community.

## THE FUTURE...

“The future of Howard County General Hospital is really the future of Hopkins as well. We share a very combined and aligned strategy for clinical growth to provide programs of excellence that the people of Howard County deserve and should receive with a Hopkins hospital in their hometown.”

— Shafeeq Ahmed, M.D., president, HCGH

# Q & A

WITH  
**Shafeeq Ahmed, M.D.**

Father of teenage daughters, husband to wife Arifa, member of the sandwich generation, U.S. Navy veteran, physician, resident of Howard County and caregiver to his father — a former physician himself — **Dr. Shafeeq Ahmed** has many roles. This June, he added another, president of Howard County General Hospital.



## Q How does being a physician impact your approach to leading HCGH?

A As a physician, you understand clinical operations from the other side. Being able to merge the business aspect of running an organization and understanding what happens at the front lines is very important. I like to leverage my knowledge as a clinician and my relationships to help drive performance.

## Q What are some of your short-term goals for the hospital?

A As we're still in the later phase of the pandemic, we have to continue to focus, ensuring we're optimizing hospital operations so we can better serve our community. Given the year that we've had with the pandemic, the stress that it's placed on our staff and national staffing challenges, we must adapt to our new conditions and continue to provide high quality care that offers a great patient experience. There are good things that we've done, but we can be better, and we need to work on being better — our community deserves that.

## Q Where do you want to see the hospital in the future?

A We're looking forward to continuing clinical growth over the next five to 10 years. We will be asking questions, such as what are the needs of our community? What are the right services to care for them? What types of specialists do we need to provide care here so patients can get care close to home? We have the benefit of being part of Johns Hopkins Medicine, which means we have access to some of the greatest specialists in the country. We are looking at expanding different types of services from women's health, orthopedics and cancer-related services to cardiovascular services. I think we can become a place that delivers on the promise of having the Johns Hopkins Health System within our community.

## Q How can the community support the hospital?

A The outpouring of financial support the community provided to our Caregivers Fund, and seeing the results of that at a time like no other, had incredible meaning. We still need to support our front-line workers. In addition, I invite the community to support the clinical services we're trying to expand. These are services that will help you, your relatives and friends. It's not just an investment in another organization. It's an investment in your own health.

## Meet Arifa Ahmed Lawyer. Mom. Volunteer. Caregiver. Wife.

Arifa Ahmed is proud of her husband's new role. "Shafeeq has wonderful leadership qualities," she says. "I think all of his skill sets and his passion for this community will translate into a wonderful partnership between the community and the hospital."

Arifa is also looking forward to expanding her role in caring for our community. "We've lived in Howard County for the past five years, and, during that time, I have volunteered in the schools and for several local nonprofits," says Arifa. "I have learned a lot about Howard County and feel that this is a vibrant and amazing community that has so much to offer. There are so many people who want to give back and the volunteer organizations do so much. It's amazing to see so many people working for the greater good. That's really what I love about Howard County. I am looking forward to continuing to get involved and give back to this wonderful community."

# Join Dr. Ahmed's Team

• JOIN OUR FAMILY •

Whether you're a front-line patient care worker or staff member making meals or maintaining our technology, being a member of our team of health care heroes is rewarding.

HCGH supports your learning and growth. We help fund your education and that of your dependents, which can mean up to \$40,000 for a four-year degree!\*

We offer flexible shifts and hours, full or part time, free parking, comprehensive health insurance and other benefits at a lower cost than most other organizations.



**TAKE THE FIRST STEP in your career at HCGH. For a list of open positions, visit [bit.ly/HCGHcareer](https://bit.ly/HCGHcareer).**

*\*Certain conditions apply.*

“

It is wonderful to work here. Our hospital has grown to be able to support the community and provide the services that it needs. This is my family's hospital, so I want to make sure it's the best hospital around. That's what keeps me coming in every morning and making sure it's a great place to work.

”



**Prashoba George, R.N.**  
CARDIAC REHAB



**Michelle Tuazon, R.N.**  
NURSE MANAGER

“

Since I became a nurse, this is the longest I've been at a hospital — I stay because I feel I belong. You know everyone from EVS to dietary, so it feels like family. I work with people who are passionate, have the same vision and who are kind.

”

## An Employee's Journey from Entry Level to Management

In 2014, Aminah Leekins joined HCGH in an entry-level position with the Security Department. She loved her job and her supervisor. She worked hard. Her supervisor at the time saw her potential and soon she was moved into the communications role in the department.

“He is such a great leader,” recalls Aminah. “He would really listen to my ideas, and I started to grow.”

Aminah's next stop was in Environmental Services (EVS) as the department secretary followed by a leadership role as Supply Chain Supervisor in Materials Management.

By 2018, she was promoted to Materials Management Manager. “I have 23 people who are direct reports,” says Aminah. “I would not be where I am if it wasn't for the support I received that allowed me to work my way up.

“I just purchased my first home thanks to HCGH, because you looked out for me and helped me grow.”



*Aminah Leekins, right, with members of her team.*

“When you come to work for the hospital, you're not just joining an organization; you're joining a family. It's the diversity, kindness and friendships I haven't found anywhere else.”

— Aminah Leekins

# Mending Fractured Olympic Dreams



**The pain started in Taylor Knibb's foot in June 2020. As a triathlete training for the Olympics, not being able to bear weight on her foot to run was a big problem.**

A resident of Washington, D.C., at the time, Taylor found help at the Johns Hopkins Musculoskeletal Center in Columbia. "It was a 40-minute drive, but my body matters, and it was the closest and best option for me," recalls Taylor. "I had seen other doctors, who couldn't determine what was wrong. At my first visit to the center in Columbia, Dr. Deu was able to diagnose me with a torn tendon and a stress fracture. I was a bit relieved — at least I knew what was wrong.

"With an injury, the quickest way to being healthy again is to deal with it now because oftentimes, if you wait, you just make it worse, and the recovery time is longer and you're in pain."

Taylor paused her Olympic training and spent the next eight weeks in an immobilizing boot, but she couldn't help but think about the Olympics. "I knew that my best shot was getting healthy and training again and just seeing what happens. As a triathlete, I approached it like a long game."

By September, she was cleared to begin rehabilitating her foot with Johns Hopkins physical therapist John Shipley. "There are underlying issues that lead to a stress fracture and torn tendon, so I wanted to be as smart as I could with building back up," says Taylor. "They were able to tailor physical therapy not only specific to what I needed to do

as an athlete, but also for me as a healthy 22-year-old female. They have some pretty unique tools at the center and were able to analyze my gait in addition to doing traditional physical therapy.

"I was very diligent with my physical therapy, and it took me two months to get back into full training. I was ready to race in March, when our season would have normally started, but was canceled because of the pandemic."

By May 2021, Taylor found herself at the first race of the season in Yokohama, Japan, where she became the youngest woman ever to qualify for the U.S. Olympic triathlon team. Fast forward to the Tokyo Olympics, and Taylor was on the podium with a silver medal around her neck for the mixed relay.

To the Johns Hopkins staff who got her back on two feet, Taylor says, "Thank you so much for the attention to detail and care, for treating me as a person and taking the time to figure out what was wrong and doing everything you could to help me.

**“I realize how special it is when the doctor makes eye contact with you and is actually curious and wants to know what you do and what is going on and is thorough and checks all the boxes.”**

—Taylor Knibb, *Olympian*

"My next aim will be the Los Angeles Olympics 2028. In the meantime, I want to gain as much experience as I can and continue to race to the best of my ability."

**THE JOHNS HOPKINS MUSCULOSKELETAL CENTER** offers comprehensive services, including physical and occupational therapy, orthopaedics, physical medicine and rehabilitation and pain management. The diverse group of physicians, therapists and advanced practitioners work together to diagnose and treat conditions of the muscle, bone and connective tissue. The multidisciplinary team creates an individualized treatment plan specific to the patient. All specialists are located on the same floor and work closely to streamline appointments and provide well-rounded care. Learn more at [hopkinsmedicine.org/msk](https://hopkinsmedicine.org/msk). **Appointments: 443-546-1500, Option 1**

# Do You Have Text Claw or Smartphone Pinkies?

**YOUR PHONE COULD BE HURTING YOUR HANDS**

The satisfying ping of a text message, the instant connection to your friends and family, the ease of having the internet in your pocket... it is easy to understand why we spend hours every day on our smartphones. Conversations surrounding phone use and health often focus on the mental impact of increasing screen time, but what about the physical impact? **Duc Nguyen, M.D.**, a Johns Hopkins orthopaedic surgeon specializing in hand and upper extremities on staff at HCGH, shares more about the surprising ways our phones are hurting our hands.

## The Tell-Tale Tingle in Your Finger

Have you ever had a long FaceTime chat with a friend and noticed a numbness or tingling in your thumb, index or middle fingers? It could be carpal tunnel. "To hold your phone, you have to maximally bend your wrist to see the screen," says Dr. Nguyen. "That position creates pressure and the blood supply to your nerve gets choked off. The damage can be temporary, but when it happens over and over, it can lead to more long-lasting symptoms."

If you scroll lying on your back in bed, you may also notice numbness and tingling – but for a different reason.

"When you're on your back looking at your phone, you have to bend your elbow over 90 degrees which increases pressure on the ulnar nerve in your elbow," says Dr. Nguyen. "If your small finger falls asleep in that position, that's a sign of cubital tunnel syndrome."

People who tend to scroll their phones using their thumb are also more susceptible to aggravate thumb arthritis. "Scrolling puts stress on your thumb at the base of its joint," says Dr. Nguyen. "You may have pain, as well as throbbing and swelling at the base of your thumb when you extend your thumb away from your palm."

## How to Prevent Injury

If you notice tingling or numbness in your fingers:

- Put the phone down, and shake your hand to get the blood flowing again.
- Use a pop socket, phone ring, phone stand or other assistive device to help you hold the phone ergonomically.
- Take breaks every 10-15 minutes, put the phone down, straighten your wrist and stretch.
- Use both hands and thumbs when typing and scrolling.
- Take a nonsteroidal anti-inflammatory drug (NSAIDs) such as ibuprofen to ease pain and reduce inflammation.

## When to Call the Doctor

Dr. Nguyen notes that if your symptoms become worse, happen more frequently or do not go away as quickly, it is time to see your doctor. "Carpal and cubital tunnel syndromes, left unchecked, can lead to irreversible nerve damage, permanent numbness in the digits and muscle loss and atrophy," says Dr. Nguyen. "Sometimes that is irreversible."

## Treatment Options

Initially, carpal tunnel is often treated with a nighttime brace that keeps the wrist in a neutral position and allows the nerve to recover. If that does not help, a cortisone injection can provide relief. Minimally-invasive carpal tunnel surgery to open the nerve's channel can be performed as an outpatient procedure to eliminate pain with an incision less than half an inch.

**Duc Nguyen, M.D.**, is an orthopaedic surgeon with Johns Hopkins Musculoskeletal Center in Columbia.

**Appointments: 443-546-1500**  
Option 1



# GAME (Back) ON: Identifying and Preventing Overuse Injuries in Young Athletes

In 2020, many young athletes were benched during an unwelcome timeout. Now, many are eager to get back on the field.

It may be tempting to jump back into high-intensity training, but an overuse injury can put you back on the bench. **Aaron Brandt, M.D.**, a Johns Hopkins orthopaedic surgeon on staff at HCGH, shares why slow and steady wins the race.

## Warming Up: How to Start the Season Safely

Overuse injuries can happen to anyone, but young athletes are especially vulnerable because their bodies are still growing and stretching. “As kids’ bones grow, their tendons have to play catch up,” says Dr. Brandt. “This can cause ‘growing pains’ regardless of activity level. If you’re an athlete and stressing your body every day, it can add another layer of discomfort.”

Young athletes are at the greatest risk for an overuse injury at the beginning of the season or after an extended period of inactivity. “When you resume training, the body needs proper conditioning and progressive activity,” says Dr. Brandt.

## Timeout: Common Types of Overuse Injuries

Pain is a part of sports, and a certain level of soreness is to be expected. A trip to the doctor is in order if the pain is persistent, gets worse from day to day or does not get better with rest. One of the most common overuse injuries in children is apophysitis, which is an inflammation or stress injury where a tendon connects to a growth center. “It’s like the pediatric equivalent of tendonitis,” says Dr. Brandt. “It starts as a nagging, achy pain.



If you push through, it grows increasingly more painful and limiting.”

Without proper care, apophysitis can linger for a long time and, in some cases, result in an avulsion fracture—when a small piece of bone attached to a tendon or ligament is pulled away from the bone. Chronic apophysitis is a result of chronic stress on those growth centers which are weaker than the tendons that attach to them.

“When you are an athlete, it is about finding that balance between pushing your body and not breaking your body down.”

— Aaron Brandt, M.D.  
Johns Hopkins Orthopaedic Surgeon

## The Defense: How to Respond

It can be tempting to push through the pain, but listen to your body. “I was a scholarship athlete, so I understand the pressure to keep going,” says Dr. Brandt. “I also understand what it feels like when it goes south.” Overuse injuries are preventable or manageable and can be treated with physical therapy and activity modification if caught early. The sooner the injury is caught, the easier treatment can be.

**Aaron Brandt, M.D.**, is an orthopaedic surgeon with Johns Hopkins Musculoskeletal Center in Columbia.

**Appointments: 443-546-1500**  
Option 1





Johns Hopkins Physical Therapist John Shipley shares

## Tips to Return to Training

### Address Prior Injuries

The biggest predictor of future injuries is prior injury, so addressing remaining weakness or deficits in flexibility from prior injuries is important before starting a training program or sports season.

### Begin with a Foundation

Sports and athletic activities involve repetitive stress on bones, tendons, muscles and joints. Having a strong foundation of total body strengthening and cardiovascular training for a minimum of 4-6 weeks prior to the season can help prepare your body.

### Build Gradually

Do what your body is prepared for and avoid large spikes in activity after periods of deconditioning. It is important to listen to how your body is responding to training. The body adapts to stressors and challenges imposed on it, but requires time to build a foundation associated with the sport's demands. Injuries can appear a few weeks after beginning training, so be mindful about progression. Even if you were participating at a high level prior to

your time off, allow a few weeks to slowly progress back to activity. Advance to full-intensity training and competition as your body adapts. A physical therapist or orthopaedist can help identify appropriate progression in training based on the season, period of deconditioning and time leading up to the season.

### Allow Time for Recovery

When returning to sports after a period of deconditioning, it is important to remember that your body will need time to rest to rebuild stronger from the physical and mental stressors associated with training or competing in sports. Having a few days of rest and lower activity throughout the week can allow for appropriate recovery time. Listening to your body and knowing when you may need more rest or a lower intensity training day can help you stay healthy and may allow you to progress training after you have had time to recover.

**Johns Hopkins Musculoskeletal Center in Columbia Physical Therapy**  
**Appointments: 443-997-5476**

### DR. BRANDT'S INJURY PREVENTION PLAYBOOK:

- Ease into training after a long break
- Start slow and progressively increase activity
- Vary activity and cross-train to reduce stress on your body
- Always properly warm up and stretch, stretch, stretch!
- Use ice and NSAIDs such as Ibuprofen to alleviate discomfort and inflammation
- Rest if you are experiencing pain
- Call your doctor if the pain persists or worsens

### Post-Game Analysis

Young athletes need to take their pain seriously. It may be disappointing to miss a big game, but do not put yourself in danger of missing a whole season.

“Your body will speak to you. You just need to listen.”

— Aaron Brandt, M.D.

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Suzanne Abdelazim, D.O.  
Capital Women's Care  
Howard County  
7625 Maple Lawn Boulevard, #1  
Fulton, MD 20759  
410-531-7557

Amy Gueye, M.D.  
Visionary Women's Health  
5500 Knoll North Drive, #310  
Columbia, MD 21045  
240-747-7785

#### OPHTHALMOLOGY

Sezen Karakus, M.D.  
Wilmer Eye Institute at Columbia  
10710 Charter Drive, #310  
Columbia, MD 21044  
410-910-2330

#### ORTHOPAEDIC SURGERY

Aaron Brandt, M.D.  
Olukemi Fajolu, M.D.  
Duc Nguyen, M.D.  
Johns Hopkins Musculoskeletal Center—Columbia  
10700 Charter Drive, #205  
Columbia, MD 21044  
443-997-6754

#### PEDIATRICS

Erika Lund, M.D.  
Sonia Midha, M.D.  
Howard County Pediatrics  
9501 Old Annapolis Road, #101  
Ellicott City, MD 21042  
410-992-9339

#### PODIATRY

Christina Bui, D.P.M.  
Howard County Foot & Ankle  
8860 Columbia 100 Parkway, #206  
Columbia, MD 21046  
714-829-8201

#### VASCULAR SURGERY

Rebecca Marmor, M.D.  
Johns Hopkins Vascular Surgery  
11085 Little Patuxent Parkway, #103  
Columbia, MD 21044  
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To find a specialist,  
visit [hcg.org/findadoctor](http://hcg.org/findadoctor).

# Thank You!

Below we gratefully acknowledge members of Howard County General Hospital's three giving societies for their inspirational philanthropic investment in our community hospital.

**Leadership Society** recognizes donors who have demonstrated a commitment to the health and wellness of Howard County by giving \$100,000 or more to support the hospital's efforts.

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“I support Howard County General Hospital because of its excellent acute care and commitment to serving a diverse population with respect. To the caregivers, thank you so much for your compassion and hard work.” — Sue Song

**Legacy Society** members have named Howard County General Hospital in their will, trust, life insurance or retirement account and have notified the Howard Hospital Foundation of their intent.

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“M&T Bank is proud to support health care heroes at Howard County General Hospital. We appreciate the opportunity to give back and show our gratitude for the brave caregivers serving on the frontlines of COVID-19.”



Below we acknowledge those who made gifts of \$1,000 or more between July 1, 2020, and June 30, 2021.

**\$250,000 – \$500,000**

Vivian C. “Millie” Bailey  
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Cyndi and Ron Gula  
The Horizon Foundation

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Charles and Mary Lisa Langmead  
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Security Development  
Stacia and Gary Smith  
St John Baptist Church  
The Wagoner Family

**\$5,000 – \$9,999**

Anonymous  
The Adams Foundation  
Allen + Shariff  
APL Federal Credit Union

Linda and E. Paul Bienvenue  
Marcia and John Boyle  
Thomas and Phyllis Campbell  
Dawn Cooke and Family  
Beverly and Thomas Crovo  
DPR Construction  
Ruth and Edward Fahrmeier  
FEDDATA  
Kelly and Gary Garofalo  
Gilchrist  
Holly and Rand Griffin  
Gul-e-Gulsher (Gheba) Waqf Fund  
Hollins Family Foundation  
Lowe Wealth Advisors  
Madison Mechanical Contracting  
Mary and E. Randolph Marriner  
Rob and Ann Moxley  
Rotary Club of Columbia Patuxent  
Joyce and Steve Snelgrove,  
In memory of Helen Cox  
Sue Song  
Patricia and Lawrence Taubman  
Renate and Alwin Wenzel  
Williamsburg Homes  
Julie and Jim Young

**\$1,000 – \$4,999**

Anonymous (2)  
Acarin  
ADT Commercial  
Ala Makai Foundation  
Sunanda Apte-Kakade  
Abigail Asante-Mensah  
Jennifer Baldwin  
Bantam Technologies  
Anne V. Barker  
Barker Family Fund  
BB&T  
BGE  
Nancy Bienia  
Bormel, Grice & Huyett PA  
Barbara and Larry Bormel  
Suzanne and John Brinkley  
Buch Construction  
Mindy Burstein  
Rachel and Scott Butler  
Loris and Paul Butterfield  
Soon Chea  
Clark Construction Group  
Clarks Ace Hardware  
Edward Cochran  
CohnReznick  
COLA



“ We choose to support the team at Howard County General Hospital because of their exemplary work in these challenging times. The COVID-19 response has taken a toll on these everyday heroes, and we wanted to help find a solution that offers them tangible support.”

— Rajiv and Hima Jain

Harold Davis  
Davis, Agnor, Rapaport & Skalny  
Karin DeFrancis and Robert Van Dyke  
Mim and Steve Dubin  
Nuala and Stephen Duffy  
Dunn’s Floor Covering  
Cathy and Joseph Dymek  
Douglas Edsall  
Howie Feaga  
Elizabeth and Harold Ginsberg  
George A. Graham II  
Guaranteed Rate  
Kenneth and Cynthia Hankin  
Family Foundation  
Kathy Ann Harris  
Lisa Higgins-Hussman  
Hoenes Family Foundation  
Howard County Bar Association  
J.I. Foundation  
Kassman Family Charitable Fund  
KCI Technologies  
Janet and William Klingaman  
Vikram Krishnaswamy  
Elizabeth Edsall Kromm and  
Jonathan Kromm  
Gail Lambers  
Leach Wallace Associates  
Leadership U  
Nia and Derrick Leak  
Linda and Hugh Lovette,  
in memory of our parents,  
Georgia and Hugh Lovette  
Renee and Richard Maier  
Hank Mandelbaum  
Maxim Charitable Foundation  
Mazars USA

Linda F. McDaniel  
Dotty and W. Brian McGowan  
Joan McNamara  
Maria Mickiewicz  
Morgan Properties  
Robert Mullen  
Marita K. Murray  
Karen and David Nitkin  
Clare and James Openshaw  
Kathleen Plunkett and Bob Fruit  
Stephanie Porter  
Gopal Prasad  
Diane and Tom Rawlings  
Constance Renner  
Revere Bank  
Richburn Liquor Bowl  
River Loop Security  
Anne and Peter Rogers  
Laura and Bill Salganik  
Frances and Charles T. Shellenberger  
Mark Shelnitz  
Andrew J. Smith  
Jennifer T. Smith  
StoneBridge Advisors  
Jennifer and Michael Stout  
Maria and Nicholas Strohmayer  
Sundberg Family Fund  
Tenable  
Deborah and Louis Tringali  
Truist  
Ulman Cancer Fund for Young Adults  
Brian S. Walter  
Marlene and Arnold Weinberg  
Melissa and Andy Wilson

† Deceased

# In Support of HCGH Heroes

HCGH is grateful to the many supporters of our annual premier event, Heroes in Health Care. With the health and safety of our community being our top priority, and under guidance from medical leadership at HCGH, the decision was made to postpone Heroes in Health Care until June 2022.



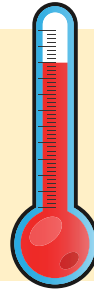
“The support we receive from fundraising events, and in particular Heroes in Health Care, is critical to Howard County General Hospital,” says Elizabeth Edsall Kromm, vice president of Population Health and Advancement. “Thanks to the efforts of our honorary chairs, Gary and Kelly Garofalo and the event committee, we were able to come incredibly close to our goal of raising \$250,000 —

and we invite you to help us reach our goal! While we share in the disappointment of postponing the event, we hope you will join us next June, when we will have the opportunity to honor our outstanding HCGH staff—who truly are health care heroes—and to show our appreciation for our supporters and community.”

## Can you help us reach our goal?

HCGH still needs your support as our health care heroes continue to serve on the frontlines of COVID-19. Help us achieve our goal—**make a gift today!**

**Goal:**  
**\$250,000**  
\$234,000 raised



**How to Give**  
[bit.ly/SupportHCGH](https://bit.ly/SupportHCGH)



## HCGH gratefully acknowledges the event sponsors listed below:\*


\*Includes sponsorships committed as of September 15, 2021.

# Community Support Needed to Launch Peer Mentorship Program

*Help us move health care forward for cancer patients in Howard County.*

A cancer diagnosis can be frightening and confusing to navigate for patients and their loved ones. HCGH is raising funds to launch a new program led by the Claudia Mayer/Tina Broccolino Cancer Resource Center (CMTBCRC) which aims to alleviate the stress and uncertainty common during this time. The HCGH peer mentorship volunteer program matches newly diagnosed cancer patients with survivors of a similar diagnosis. These volunteers provide comfort and support during active treatment including surgery, chemotherapy, radiation, immunotherapy or hormonal therapy, as well as survivorship.

“Peer mentorship is an intimate way to support a patient who has just received a new cancer diagnosis and may be in a state of shock, disbelief, confusion and fear related to learning they have a serious health condition,” says Chris Miller, CMTBCRC manager.

“**Bridging this experience with a peer mentor volunteer who has walked their own journey through illness offers emotional, spiritual and practical support to a newly diagnosed cancer patient. Our goal, simply, is to provide hope.**”

—Chris Miller

For more information about becoming a peer mentor or mentee, contact the CMTBCRC at **410-740-5858** or **cbrough2@jhmi.edu**.

This initiative will be an extension of the Johns Hopkins Breast Center peer mentorship volunteer program and will be available here on the HCGH campus.

Led by CMTBCRC’s specially trained staff, the program will supplement and enhance the wide variety of resources and services currently offered by the CMTBCRC, creating more comprehensive support for cancer patients in our community and bringing a proven Johns Hopkins model to Howard County.

**We need your help to make this program a reality! Please consider making a gift today.**

## Did You Know?

The CMTBCRC relies on philanthropic support for 100% of its operational and programmatic expenses.



## MAKE A GIFT

Your donation to the CMTBCRC—no matter the amount—not only allows us to keep the center’s doors open but helps to bring essential programs such as peer mentorship to Howard County.

To make a gift, visit [bit.ly/supportHCGH](https://bit.ly/supportHCGH) or contact the Howard Hospital Foundation at **410-740-7840**.

## DONOR SPOTLIGHT: Blossoms of Hope

Local nonprofit Blossoms of Hope/The Howard County Cherry Tree Project has donated nearly half a million dollars to HCGH, providing critical support to the Claudia Mayer/Tina Broccolino Cancer Resource Center. With their most recent gift, Blossoms of Hope established the Heroes Grove garden on the HCGH campus in recognition of hospital staff.

“The Heroes Grove will be here long after the pandemic and will remind us of the bravery of those on the front lines every day, keeping our community safe and healthy,” says Joe Barbera, chair of the BOH board. “The Blossoms of Hope Board is committed to ongoing support of HCGH and the cancer resource center.”



## HCGH Launches Mobility Initiative

Exercise and moving are important parts of a patient's recovery. Mobility decreases a patient's risk for blood clots, infections, bed sores and constipation, and mobility can improve mood and appetite. HCGH is joining the Johns Hopkins Medicine community in a mobility initiative called #everyBODYmoves.

#everyBODYmoves focuses on getting patients out of bed and moving in an effort to maintain patients' level of mobility and keep them active. Studies have shown that even a limited number of daily steps during hospitalization can mean the difference between functional decline and independence. Under the new initiative, the patient's care team will create a mobility plan for daily goals for time out of bed and walking, with the goal of having patients achieve their highest level of ability of movement.



## NEW 2021-22 Directory of Physicians

The new HCGH Directory of Physicians has been published and mailed to county residents. This year's directory lists the more than 1,000 physicians who practice at HCGH in more than 90 specialties and subspecialties. To request a copy, call 410-740-7810.

## NEW Chief Medical Officer Named



Jeanette Nazarian, M.D.

We are pleased to announce that Jeanette Nazarian, M.D., has been named HCGH vice president, medical affairs/chief medical officer. Dr. Nazarian has been with HCGH for 10 years and has served as the interim vice president, medical affairs/chief medical officer since November 2020.

“Dr. Nazarian has a strong vision and leadership in developing programs to meet patient needs in the hospital, as well as an understanding of the needs of physicians and other staff. Her experience at the hospital and Johns Hopkins Medicine will serve us well as we move into the next phase of pandemic management and hospital growth,” says Dr. Shafeeq Ahmed, president of Howard County General Hospital.

## HCGH Receives Stroke and Heart Awards

HCGH received four awards from the American Heart Association/American Stroke Association recognizing the hospital's implementation of quality improvement measures that ensure cardiovascular and stroke patients receive efficient and coordinated care, ultimately leading to more lives saved, shorter recovery times and fewer returns to the hospital.

The Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award recognizes HCGH's commitment to ensuring stroke patients receive the most appropriate treatment. HCGH also received the association's Target: Type 2 Diabetes Honor Roll™ Award for meeting quality measures.

The hospital received the Mission: Lifeline® EMS Silver Achievement Award for implementing specific quality improvement measures to treat patients who experience the deadliest type of heart attack, caused by a blockage of blood flow to the heart that requires timely treatment. Additionally, the hospital received the Mission: Lifeline® NSTEMI Silver Achievement Award.

# Wellness Classes

## **MENTAL HEALTH FIRST AID: *Virtual***

Learn to assist an adult experiencing a mental health or substance-use crisis. Complete a two-hour, self-paced online course before an instructor-led class via Zoom. 3/18, 8:30 a.m.-3:30 p.m. Free to community members/\$25 per person for businesses.

## **YOUTH MENTAL HEALTH FIRST AID: *Virtual***

Learn to support youth who may be experiencing a mental health or substance-use crisis and to identify, understand and respond. Complete a two-hour, self-paced online course before an instructor-led class via Zoom. Recommended for adults who interact with youth. 4/29, 8:30 a.m.-1 p.m. Free to community members/\$25 per person for businesses.

## **ADVANCE CARE PLANNING HELP**

Our staff can help you complete an advance directive, which is a legal document that assigns a health care agent who would speak for you should you be unable to communicate for yourself. It can also include a living will that communicates your health care wishes. Having your advance directive on file at the hospital allows providers to follow your wishes if you are in the hospital and unable to communicate. Learn more at [speakeasyhoward.org](http://speakeasyhoward.org). To schedule an appointment call **443-518-6684** or email [HCGH-ACP@jhmi.edu](mailto:HCGH-ACP@jhmi.edu). Third Thursday of the month, 1:30-4:30 p.m. (masks required) Free.

## **LIVING WELL WITH CHRONIC DISEASE: *Virtual***

In this 6-week self-management program, learn skills to manage chronic health conditions. Learn to cope with frustration, fatigue, pain and isolation; communicate effectively with family, friends and health professionals; exercises to maintain and improve strength, flexibility and endurance; and nutrition and healthy eating habits. Includes resource book. For dates and to register, visit [hcgh.org/events](http://hcgh.org/events). Free.

## **LIVING WELL WITH DIABETES: *Virtual***

In this 6-week workshop, participants will learn self-management skills such as goal setting and stress management strategies and techniques to cope with feelings of frustration, fatigue, pain and isolation; appropriate exercise and nutrition for diabetics; understand glucose monitoring; skin and foot care and develop skills to communicate more effectively with family, friends and health professionals. Book included. For dates and to register, visit [hcgh.org/events](http://hcgh.org/events). Free.

## **DIABETES SUPPORT GROUP: *Virtual***

This group provides social and emotional support of your experience with diabetes as well as educational resources. First Thursday of the month: 6-7:30 p.m., and third Thursday, 10-11:30 a.m. To register, visit [bit.ly/VirtualDiabetesGroup](http://bit.ly/VirtualDiabetesGroup). Free.

**For more information about these offerings and other Living Well classes, contact [HCGH-J2BH@jhmi.edu](mailto:HCGH-J2BH@jhmi.edu).**

**We are offering classes and support groups virtually where possible. To register, visit [hcgh.org/events](http://hcgh.org/events). For more information, call 410-740-7601 or email [jstanto6@jhmi.edu](mailto:jstanto6@jhmi.edu).**

## **CHILDBIRTH AND NEW PARENT CLASSES**

*Childbirth and new parent classes are available in online, virtual and in-person formats. As physical distancing guidelines change, class format is also subject to change. Cost listed is per couple. For information, dates, times and to register, visit [hcgh.org/babyclasses](http://hcgh.org/babyclasses).*

### • **Childbirth Preparation**

Our certified childbirth instructor will provide an overview of childbirth preparation and demonstrate breathing and relaxation techniques. \$75.

### • **Breastfeeding**

Our lactation consultant will help mothers and their partners navigate breastfeeding during the first 6 to 8 weeks after birth, and answer questions and concerns. \$40.

### • **Infant Care**

Our nurse will provide an overview of infant care including post-delivery, newborn behavior and health, and how to care for baby. \$65.

*Childbirth Preparation, Breastfeeding and Infant Care are two-part courses that include a self-paced online course and an instructor-led class either in-person or virtual via Zoom. The online course will be a comprehensive resource available to you for nine months after registration.*

### • **Infant and Toddler Safety, Childproofing and CPR**

Learn about car and sleep safety, childproofing/injury prevention, consumer-product safety, emergency preparedness and infant CPR and choking response techniques. Recommended for parents, grandparents and other caregivers of babies and children up to four years old. Taught at an adult level and not a certification course. Choose an in-person class or a virtual class via Zoom. \$45.

### • **Breastfeeding Support Group: *Virtual***

Meet with other breastfeeding mothers and a lactation consultant. To receive a link to this Zoom group, email [bmadera1@jhmi.edu](mailto:bmadera1@jhmi.edu). Wednesdays, 12:30-2 p.m. Free.

### • **New Mom's Support Group**

Meet for support, referrals, guest speakers, discussion of parenting topics and an opportunity to connect with other new mothers. For moms and their babies up to 5 months old. Virtual via Zoom: Tuesdays, 2/8-3/29, 10-11:30 a.m. In-person at St John Baptist Church, Columbia: Mondays, 4/4-5/23, 10-11:30 a.m. Free.

### • **Birthing Center Tour: *Virtual***

Our nurse will answer your questions and discuss hospital services, preregistration, where to park and enter when you arrive at the hospital, COVID-19 policies for Labor and Delivery and Maternal-Child units and more. Free.

### • **Empower: Supporting Positive Parenting for Substance-Exposed Newborns: *Virtual***

Mothers will learn to console their baby experiencing neonatal abstinence syndrome in this instructor-led course. Get questions answered, be empowered to care for baby through withdrawal period and collaborate with the health care team. 12/22, 5:30-6:30 p.m. Free.

## Worried about paying for your child's college?

# Join us...

we'll help pay for it!

Up to \$10,000 off  
college tuition for your  
child(ren) per year.\*

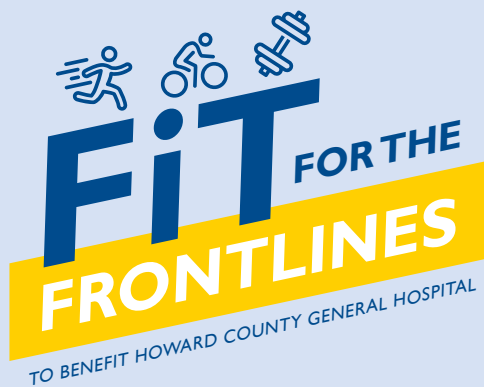
Clinical, nonclinical  
and entry-level  
positions available



\*Certain conditions apply.



For a complete list of open positions,  
visit [bit.ly/HCGHcareer](https://bit.ly/HCGHcareer)



## January 1 – 31, 2022

### IT'S NOT TOO EARLY TO MAKE A NEW YEAR'S RESOLUTION!

Support HCGH by getting active — whether you walk your dog, practice yoga, take an online cycling class or go for a jog, all activities count! Simply log your activity minutes between Jan. 1–Jan. 31 on our website and compete with friends, family, neighbors and colleagues. Prizes will be awarded for the most minutes logged by an individual and team.

Sign up for just \$30 and receive a long-sleeve challenge shirt; access to complimentary fitness classes and activities, gym memberships and more provided by local activity sponsors; and a special post-challenge awards ceremony at the ColorBurst ice rink in downtown Columbia. This outdoor event will be held in accordance with all COVID-19 precautions.

Sponsorships available; contact Diane Stulman at 410-913-7473 or [dstulman@jhmi.edu](mailto:dstulman@jhmi.edu). To register: [bit.ly/Fit-For-Frontlines](https://bit.ly/Fit-For-Frontlines).